



## OFFICE OF ENVIRONMENTAL SUSTAINABILITY FREDERICK COUNTY, MARYLAND

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## Energy Conservation Checklist for Your Home & Lifestyle

### Get Started with No- or Low-Cost Actions!

#### Assess **Your Home**:

- \_\_\_\_\_ Try out Allegheny Power's **Watt Watcher's on-line Home Analyzer**. It's free and very comprehensive!  
(<http://www.alleghenypower.com/EngConserv/MD/WattWatchers/Performance.asp>)
- \_\_\_\_\_ Sign up for Allegheny Power's free on-site home **Check-Up**. An Allegheny Power approved auditor will survey your home's insulation, duct work, water heating, cooling and heating systems and overall efficiency and provide a report. You'll also receive free energy efficient light bulbs, showerhead, and more! Call 1-877-928-8928 to schedule an auditor.
- \_\_\_\_\_ Calculate your household's environmental impact at <http://www.lowimpactliving.com/pages/impact-calculator/impact-calculator>; or purchase the book **Low Carbon Diet** and follow program to reduce your household's carbon footprint by 5,000 pounds. ([www.empowermentinstitute.net/lcd/index.html](http://www.empowermentinstitute.net/lcd/index.html))

#### Household Actions

- \_\_\_\_\_ Install a programmable thermostat. In the winter, set it for 68 degrees F, and 60 F or less while you sleep. In the summer set your air conditioner no cooler than 78 F. Remember to keep you're AC and furnace filters clean!
- \_\_\_\_\_ Lower the thermostat on hot water heater to 120 degrees. (For each 10°F reduction in water temperature, you can save between 3%–5% in energy costs)
- \_\_\_\_\_ Purchase and install a "blanket" for your electric hot-water heater (not gas). This can reduce standby heat losses by 25%–45% and save around 4%–9% in water heating costs.
- \_\_\_\_\_ Purchase and install low-flow showerheads and faucet aerators to reduce water consumption. Even running cold water increases your electricity consumption because it makes your water pump run more often.
- \_\_\_\_\_ Clothes Washing: Use cold water in your washing machine and only run it when full. Devise a system for hanging at least some clothes for air-drying in good and bad weather.  
(<http://housewares.hardwarestore.com/37-186-outdoor-clothes-dryers.aspx>)
- \_\_\_\_\_ Change 90% of light bulbs to compact fluorescent. Refer to <http://www.edf.org/page.cfm?tagID=632> for making best selections for different purposes. Remember to turn off lights when not in use!
- \_\_\_\_\_ Purchase power-strips and use with technology centers in your home (computer, printer, modem, TV, DVD, CD, etc.); use especially with power cords with "wall Warts"

- \_\_\_\_\_ Make a family commitment to turn off all lights when leaving any room. Devise incentives for full family participation.
- \_\_\_\_\_ Seal air leaks and add weather-stripping (If willing to consider a greater investment, consider a home energy audit, adding insulation to attic and basement, using insulating window blinds, replacing windows or storm windows)

### **Lifestyle Actions:**

- \_\_\_\_\_ Start tracking your electrical and heating fuel usage each month using a spreadsheet. Compare usage from one year to the next. Or sign up with [www.EarthAid.net](http://www.EarthAid.net) to track usage by month and earn reward points for saving energy. (Note you will need to have on-line accounts with your utilities for this to work.)
- \_\_\_\_\_ Check tire inflation for correct pressure once per month, especially following a change in seasons! The business where you purchased your last set of tires will usually be happy to do this for you. For info on the impact of this, visit <http://www.pumpemup.org>.
- \_\_\_\_\_ Power-down your computer, printer and other electronics before you go to bed each night and turn off the power strip these devices are plugged into.
- \_\_\_\_\_ Unplug power adapters (blocky "Wall Warts") when not being used for recharging, etc. If plugged in, they continuously use small amounts of energy!
- \_\_\_\_\_ Make a commitment to never accept a shopping bag unless it's a real emergency. Purchase at least 5 cloth grocery bags; store in your car or trunk and make a commitment to return to your car to get them after you shop and realize you forgot to bring them into the store (which everybody does!). Purchase a clip-on stuffable shopping bag so it's handy in your purse or car. ([ChicoBags are fun!](#))
- \_\_\_\_\_ Learn what can and cannot be recycled in Frederick County and educate your whole family! (Check out the **Citizens Guide to Waste Management in Frederick County** at <http://frederickcountymd.gov/index.aspx?nid=4046>)
- \_\_\_\_\_ Purchase locally grown produce at least twice per month. Find local farms and Farmers Markets at Fredericks Virtual Farmers Market: <http://www.discoverfrederickmd.com/farmersmarket/>
- \_\_\_\_\_ Commit to eating at least one less meat meal per week.
- \_\_\_\_\_ Take shorter showers instead of baths and do not run the vent fan in the bathroom more than necessary.
- \_\_\_\_\_ Only run the dishwasher if it is full and don't rinse your dishes first. Most modern dishwashers clean your dishes just as well whether you rinse or not.
- \_\_\_\_\_ Use task lighting whenever possible.

### **Motivating Activities:**

- \_\_\_\_\_ Watch [www.TheStoryofStuff.com](http://www.TheStoryofStuff.com)
- \_\_\_\_\_ Learn about Renewable Energy Credits and Carbon Offset Programs: [http://www.nativeenergy.com/pages/faq\\_s/15.php#1](http://www.nativeenergy.com/pages/faq_s/15.php#1)
- \_\_\_\_\_ Learn about purchasing clean wind generated power for your home at <http://www.CleanCurrents.com>.